Healthy Life Center
Education and Navigation

SEPTEMBER

Classes will be held virtually and in-person with appropriate precautions.

VIRTUAL EVENTS

Monday, September 12
Arthritis of the Foot & Ankle
12:15-1 p.m. RSVP
Dr. Diana Young,
orthopedic surgeon

Monday, September 19
Injury Prevention: Marijuana & Vaping
11 a.m.-noon RSVP

Tuesday, September 20
The Rehabilitation Approach to the Foot & Ankle
10:30-11:30 a.m. RSVP

Healthy Fighting Foods: Cancer Prevention
2-3 p.m. RSVP

Wednesday, September 21
Lifestyle Health: Abundance in Aging
12-1 p.m. RSVP

What to Know About AFib
3-4 p.m. RSVP
Dr. David Cervantes,
cardiothoracic surgeon

Thursday, September 22
Balance, Dizziness, or Vertigo Problems? How Therapy Can Help
10-11 a.m. RSVP

AFib in Women
12-1 p.m. RSVP

Surgical Treatment Options for AFib
3-4 p.m. RSVP
Dr. Paul DiGiorgi,
cardiothoracic surgeon

Friday, September 23
Nutrition in the Kitchen: All About Antioxidants
1-2 p.m. RSVP

Tuesday, September 27
Sun, Skin Care, & the Importance of Skin Exams
10-11 a.m. RSVP

Wednesday, September 28
Shoulder & Knee Arthroscopy
12:15-1 p.m. RSVP
Dr. Matt Fishman,
orthopedic surgeon

WEEKLY IN-PERSON EVENTS

Mondays
SHINE Counseling
9 a.m.-3 p.m.
To schedule an appointment, call 866-413-5337

Fridays
SWFL Produce Box
3-4 p.m.
To place an order, visit www.swflproduce.com

MIND & BODY PROGRAM

*Class Passes Available for Purchase

Tuesdays
(September 6, 13 20, & 27)
Outdoor Chair Yoga
9-10 a.m. RSVP
Instructor: Kristen

Fridays
(September 2, 23, & 30)
Outdoor Strength, Balance, & Stretch
10:15-11:15 a.m. RSVP
Instructor: Meredith

REGISTER NOW!

Thursday, Oct. 6

20 Day WholeFood Challenge
(4-week series)
12:30-1:30 p.m. RSVP
Fee: $80

IN-PERSON EVENTS

Lee Health Coconut Point
23450 Via Coconut Point, Estero, FL 33928
To register for these events, call 239-468-0050.

Wednesday, September 7
Cooking with Kat: 5 Things to Make at Home
1-2 p.m. RSVP

Audiology & Physical Therapy: Strengthening Community Connections in Falls Prevention
3-4 p.m. RSVP

Thursday, September 8
4th Trimester Club: Breakfast for Mommies
10-11 a.m. RSVP

Nutrition in the Kitchen: All About Grains
11 a.m.-noon RSVP

Tuesday, September 13
Audiology & Physical Therapy: Strengthening Community Connections in Falls Prevention
1-2 p.m. RSVP

Wednesday, September 14
Cooking with Kat: Magic Mushrooms
1-2 p.m. RSVP

Thursday, September 15
Alzheimer's Caregiver Support Group
10 a.m.-noon RSVP

Meet & Greet: Get to Know Your Acupuncturist
12-1 p.m. RSVP

Friday, September 16
Farm to Feed: All About Moringa
9-10 a.m. RSVP

Monday, September 19
Seniors Blue Book University: ABCs of Medicare
10:30-11:30 a.m. RSVP
Lunch provided after presentation

Wednesday, September 21
Cooking with Kat: Building a Better Breakfast
10-11 a.m. RSVP

Thursday, September 22
4th Trimester Club: Family Meal Ideas
10-11 a.m. RSVP

Tuesday, September 27
Balance & Hearing Screenings
9 a.m.-2 p.m.
To schedule an appointment, call 239-468-0050

Friday, September 30
Cooking with Kat: Healthy Aging
1-2 p.m. RSVP

Golisano Children's Hospital of Southwest Florida Family Program

Healthy Life Center is your **destination** for healthy events in **your area.**

Scan for information

RSVP at 239-468-0050
healthylifecenter@leehealth.org
LeeHealth.org/Events

LEE HEALTH

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Additional Locations

Classes will be held in-person with appropriate precautions.

BABCOCK RANCH

Cypress Lodge
43511 Bluebird Trail
Punta Gorda, FL 33982

Thursday, September 8
Osteoarthritis: "Joint" Us for the Journey
10-11 a.m. RSVP

Thursday, September 22
Nutrition of the Mighty Mushroom
10-11 a.m. RSVP

BABCOCK RANCH

CAPE CORAL

Healthy Life Center
609 SE 13th Court
Cape Coral, FL 33990

Thursday, September 15
The Power of Plants
2-3 p.m. RSVP

Thursday, September 22
Healthy Living for Your Brain & Body
10-11 a.m. RSVP

Thursday, September 29
Balance, Dizziness, or Vertigo Problems? How Therapy Can Help
2-3 p.m. RSVP

CYPRESS COVE

Welcome Center
16250 Summerlin Road, Suite 102
Fort Myers, FL 33908

Friday, September 16
Nutrition for Arthritis & Inflammation
10-11 a.m. RSVP

Friday, September 30
Rethink Your Drink: Tea Party
10-11 a.m. RSVP

CYPRESS COVE

Personalized Health Navigation Available!

Are you new to the area? Need a new physician? We are here for you!

Call 239-468-0050 to speak with one of our Navigators who can connect you with a wide scope of health services.

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